



Name Cascara Compound

Caps

Code	Size	Duration
C12-54	54 Capsules	Usually lasts 18 days
C12-100	100 Capsules	Usually lasts 33 days
C12-200	200 Capsules	Usually lasts 65 days

Area concerned

Colon, digestion

Ingredients

(min per capsule) Cascara 64mg, Barberry 64mg, Rhubarb Root 32mg, Bayberry 32mg, Wild Yam 32mg, Fennel 32mg, Cayenne 32mg, Ginger 32mg.

Description

Based on *Dr Christopher's* widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our **90-day Colon Programme** for the first 3 months of the 6-9 month course (see below), then continue with just **Cascara Compound** for the remainder.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to four times this amount can safely be taken.

How long to take it for

Take **Cascara Compound Capsules** every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 1 capsule, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, gradually reduce the amount used or leave off altogether to check whether the body still desires herbal support.

Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Drops; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

Caps

Drops

Code	Size	Duration
D04-50	50ml	Usually lasts 28 days
D04-100	100ml	Usually lasts 56 days

Area concerned

Colon, digestion.

Ingredients

Fluid extracts 20% Cascara, 20% Licorice, 20% Barberry, 11% Rhubarb Root, 11% Raspberry leaf, 11% Fennel, 5% Wild Yam, 1% Cayenne (tincture), 1% Ginger (tincture)

Description

Based on *Dr Christopher's* widely-known formula. The prime ingredient is cascara bark, together with turkey rhubarb root, supported by barberry bark, cayenne, fennel, and other herbs. Naturopaths believe 2-3 bowel movements a day [as many as meals eaten] is the healthiest frequency. For best support, we recommend our **90-day Colon Programme** for the first 3 months of the 6-9 month course (see below), then continue with just **Cascara Compound** for the remainder.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to four times this amount can safely be taken.

How long to take it for

Take **Cascara Compound Drops** every day, varying the amount taken as indicated by your body. After a few weeks use, most people take 12-15 drops, 3 times a day. Use over an extended period (about 6-9 months). After 6 months, occasionally reduce the amount used or leave off altogether to check whether the body still desires herbal support.

Cautions

Drink an extra 1-2 glasses of water a day when using. Do not use if pregnant or nursing. Do not use more than the standard amount alongside heart drugs, steroids or diuretics.

Companion Products

90-day Colon Programme; Bio Multi-flora Capsules; Detox Capsules, Drops or Tea; Cape Aloe Compound Capsules; Cascara Compound Capsules; Psyllium Husk Capsules or Powder; Slippery Elm Capsules or Tea.

Drops